



Sleep Apnea Quiz

Sleep Apnea is known technically as "Obstructive Sleep Apnea" or OSA for short. There are many symptoms that can indicate whether someone has sleep apnea. The following quiz will help you rate the quality of your sleep patterns. If you have checked three or more boxes, you should ask your doctor or Dental Practitioner about snoring treatment and sleep apnea treatment.

- I've been told that I snore.
- I've been told that I stop breathing while I sleep, although I don't remember.
- I feel tired and irritable in the morning even though I slept through the night.
- I am having trouble controlling my weight.
- I sweat excessively during the night.
- I have noticed my heart pounding or beating irregularly during the night.
- I get morning headaches.
- I have trouble sleeping when I have a cold.
- I have jolted awake gasping for breath during the night.
- I am overweight.
- I seem to be losing my sex drive.

Important Note: The symptoms listed here are only a partial representation and should not be the only criteria used for a diagnosis.